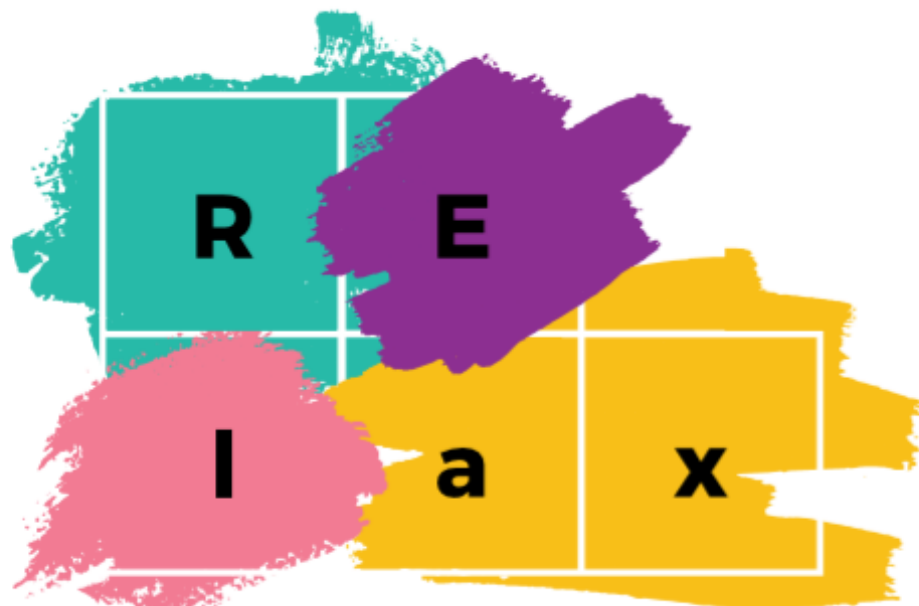


Town of Bassendean



P R O G R A M

Recreation + Engagement

3



Makuru sees the coldest and wettest time of the year come into full swing. Traditionally, this was a good time of the year to move back inland from the coast as the winds turned to the west and south bringing the cold weather, rains and occasionally snow on the peaks of the Stirling and Porongurup Ranges.

As the waterways and catchments started to fill, people were able to move about their country with ease and thus their food sources changed from sea, estuarine and lake foods to those of the lands in particular the grazing animals such as the kangaroo.

Makuru is also a time for a lot of animals to be pairing up in preparation for breeding in the coming season. Upon the lakes and rivers of the Southwest, you'll also start to see a large influx of the Black Swan or 'Mali' as they too prepare to nest and breed.

Flowers that will start to emerge include the blues and purples of the Blueberry Lilly (*Dianella revoluta*) and the Purple Flags (*Patersonia occidentalis*). As the season comes to a close, you should also start to notice the white flowers of the weeping peppermint (*Agonis flexuosa*) as the blues start to make way for the white and cream flowers of Djilba.

**To enrol, head to [trybooking.com/CJTL](https://trybooking.com/CJTL)**

## THURSDAY MORNING YOGA

**Instructor - Sally Riddell**

Thurs 20 July | 9:15<sub>am</sub> - 10:45<sub>am</sub>

**[BASSENDEAN COMMUNITY  
HALL (MAIN HALL) - 096]**

**\$110.00 | 10 weeks**

Enjoy the benefits of yoga in a relaxed atmosphere. Learn techniques to strengthen muscles and improve general aspects of mental, physical and spiritual well-being. Course is suitable for teenagers through to adults.

**Participants to wear comfortable clothing and bring a yoga mat.**

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## MONDAY NIGHT ZUMBA

**Instructor - Pat Fletcher**

Mon 17 July | 5:30<sub>pm</sub> - 6:30<sub>pm</sub>

**[BASSENDEAN COMMUNITY  
HALL (MAIN HALL) - 096]**

**\$110.00 | 10 weeks**

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training. An hour of dancing clears the mind of negative thoughts and brings happiness and positivity to our wellbeing. Come join us for fun!

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## EXPRESS CIRCUIT

**Instructor - Pat Fletcher**

Thurs 20 July | 5:30<sub>pm</sub> - 6:30<sub>pm</sub>

**[BASSENDEAN COMMUNITY  
HALL (MAIN HALL) - 096]**

**\$110.00 | 10 weeks**

Circuit training is a type of training that involves rotating between several exercises that target different muscle groups with minimal rest in between. It's ideal for those looking for a quick, effective, full body workout. Circuits will change up each week to add variety and weights will be incorporated into each circuit along with cardio and some fun elements to keep you motivated.

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## GET LOW

**Instructor - Maggie Cui**

Tues 18 July | 12:00<sub>pm</sub> - 12:45<sub>pm</sub>

**[BASSENDEAN COMMUNITY  
HALL (MAIN HALL) - 096]**

**\$50.00 | 10 weeks**

GETLOW is a program that gives people the opportunity to keep moving, socialising & shaking that booty well into their 50s, 60s, 70s & beyond. It involves very simple dance moves that are low impact, friendly on the joints, provide light cardio and light weights (optional). No coordination is required and you can listen to seriously great tunes from across the decades.

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**To enrol, head to [trybooking.com/CJTL](https://trybooking.com/CJTL)**

## METAFIT

**Instructor - Pat Fletcher**

**Mon 17 or Thurs 20 July | 6:30<sub>pm</sub> - 7:00<sub>pm</sub>**

**[BASSENDEAN COMMUNITY  
HALL(MAIN HALL) - 096]**

**\$110.00 Mon - \$110.00 Thurs  
or \$165.00 for both | 10 weeks**

Metafit is the original 30-minute, bodyweight only, high intensity, interval training workout. The Metafit group workout is an effective and simple program for time-poor individuals looking for the workout that gets big results in minimal time. Metafit burns fat by changing the resting metabolism, working big muscle groups with simple un-choreographed, high intensity intervals using only bodyweight.

**Please note that people with health concerns will require a doctor's approval to participate.**

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## ZUMBA GOLD TONING

**Instructor - Pat Fletcher**

**Wed 19 July | 9:30<sub>am</sub> - 10:30<sub>am</sub>**

**[ALF FAULKNER HALL - 097]**

**\$72.00 | 10 weeks**

Perfect for active older adults and beginners who want to focus on muscle conditioning and light weight activity.

Zumba Gold-Toning blends the Zumba party you love at a slower pace with a redefining total body

workout using Zumba Toning Sticks to shake up those muscles!

Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast and tone up, leave exhilarated and empowered! Participants should bring their own dumbbells, max 2kg.

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## HATHA YOGA

**Instructor - Helen Dobbie**

**Mon 17 July | 7:30<sub>pm</sub> - 9:00<sub>pm</sub>**

**[SENIORS & COMMUNITY  
CENTRE - 096]**

**\$110.00 | 10 weeks**

Learn how the practices of Hatha Yoga can improve your health and well-being. Whether you are looking to improve your flexibility or gently strengthen your body or you are in need of learning how to relax to manage everyday stresses in your life - Yoga can help you! Classes are non-competitive and structured to accommodate varying levels of ability.

Hatha Yoga classes include a range of postures from sitting and lying prone as well as standing, squatting and some practices on hands and knees. **Check with a medical practitioner if you have health concerns.**

**To enrol, head to [trybooking.com/CJTL](http://trybooking.com/CJTL)**

## **SAMBA DRUMMING GROUP**

**Instructor - Maria Daniels**

**Tues 25 July | 7:15<sub>pm</sub> - 8:15<sub>pm</sub>**

**[BASSENDEAN COMMUNITY HALL (MAIN HALL) - 096]**

**\$70.00 | 9 weeks**

Calling all percussion enthusiasts! Do you feel the pulse, the beat, the rhythm, and soul of music? Would you like to learn how to play a percussive instrument from Brazil? All you need is a little bit of energy, a little bit of fun and the ability to dance and groove to the rhythm of the beat! Our Musical Director will teach you our very own funky percussive compilations, as well as some traditional Samba rhythms from Brazil, in a fun, safe and relaxed environment! Classes are suitable from Teens to adults and all Brazilian instruments will be supplied.

**Those with any health concerns, are required to obtain a medical clearance from their doctor.**

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## **AFRICAN DRUMMING**

**Instructor - Maria Daniels**

**Tues 25 July | 5:30<sub>pm</sub> - 6:45<sub>pm</sub>**

**[BASSENDEAN COMMUNITY HALL- (MAIN HALL) - 096]**

**\$100.00 | 9 weeks**

Considered as a variation and extension of cultural percussion, the Bassonovas, are very excited to offer a brand new and exhilarating experience of African drumming! These classes will offer a brief insight into the basic history and culture of the music, and you learn the techniques of how to play the Djembe, Dunduns, Agogo bells and Shekeres, inclusive of some African vocals! A collaboration of songs is chosen to mean only one thing and that is 'celebration!' So, you are guaranteed go home feeling happy, relaxed, and energised! Classes are suitable from late Teens to Adults and all African instruments and chairs will be provided. So, get in quick as places are limited! Looking forward to seeing you there!

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**To enrol, head to [trybooking.com/CJTL](http://trybooking.com/CJTL)**

## **LEARN. COOK. SHARE.**

**Instructor – Food Bank**

**Wed August 23 | 12:30pm – 3:00pm**

**[BASSENDEAN COMMUNITY  
HALL- (MAIN HALL) - 096]**

**FREE | 3 weeks**

Learn about nutrition and how to plan, select and cook healthy meals with our Learn. Cook. Share. program.

- Learn important skills including:
- How to cook and prepare easy, healthy and tasty meals
- How to choose healthy foods
- How to create a food budget
- Preparing and storing food safely
- Meal planning
- How to read food labels
- Amount and types of foods to eat each day for health and wellbeing

During each two and half hour session you learn about nutrition for the first hour. Then join in a hands-on cooking class making tasty Foodbank WA recipes. Afterwards, you can sit and enjoy the meal with the new people you have met. Take home a copy of the recipe book as well as other great resources so you can continue to cook at home.

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## **TAI CHI FOR HEALTH**

**Instructor - Teresa Stokes**

**Wed 19 July | 6:00pm - 7:00pm**

**Thurs 20 July | 11:45pm - 12:45pm**

**[BASSENDEAN COMMUNITY  
HALL (MAIN HALL) - 096]**

**\$110.00 each or**

**\$165.00 for both | 10 weeks**

Both enjoyable and relaxing, Tai Chi presents a set of gentle exercises for harmonising body, mind and spirit that you can continue to develop at any age. The slow flowing movements of tai chi are intended to increase internal strength, life energy and improve general wellbeing. This tai chi program introduces an accessible and modernised form of tai chi, incorporating both ancient principles and contemporary medical science aimed at delivering health benefits quickly and promoting inner tranquillity.

**To enrol, head to [trybooking.com/CJTL](https://trybooking.com/CJTL)**

# COURSE *enrolment form*

## 1. Participants Details: [Please write clearly in block letters]

Name:

Address:

Suburb:

Postcode:

Telephone:

Email:

Emergency Contact:

Telephone:

Medical Conditions:

## 2. RELax Program Details:

RELax Program Title

Code:

Day and Time:

Cost:

1.

2.

3.

I have read and accept the Terms and Conditions found on [bassendean.wa.gov.au](http://bassendean.wa.gov.au) or at **35 Old Perth Rd, Bassendean.**

Signature:

Total Cost:

## 3. Payment Details:

[In Person] pay by cash, cheque or credit card on Monday to Friday between 8.45am and 4.45pm at: **Town of Bassendean, 35 Old Perth Road, Bassendean.**

[Mail] send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

## Credit Card Details:

Cardholders Name:

Please Indicate:

Mastercard:

Visa:

Card Number:

Expiry Date:

CSV:

Amount:

Signature: